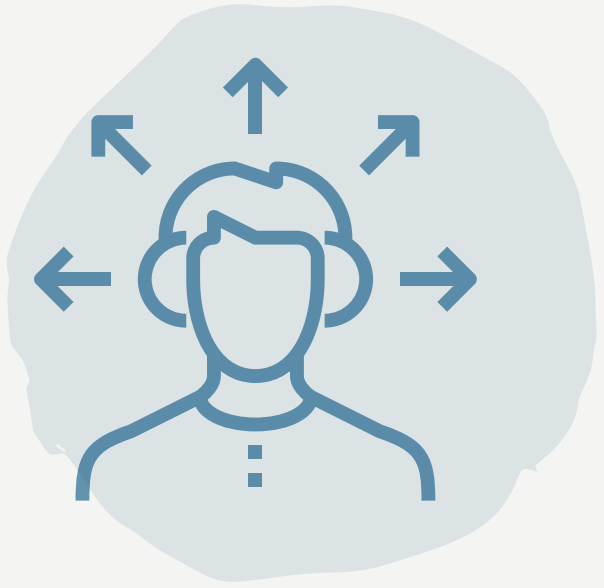


MBTI® PERSONALITY TRAITS

Extroversion(E) or Introversion(I)

How do you react to your surroundings?



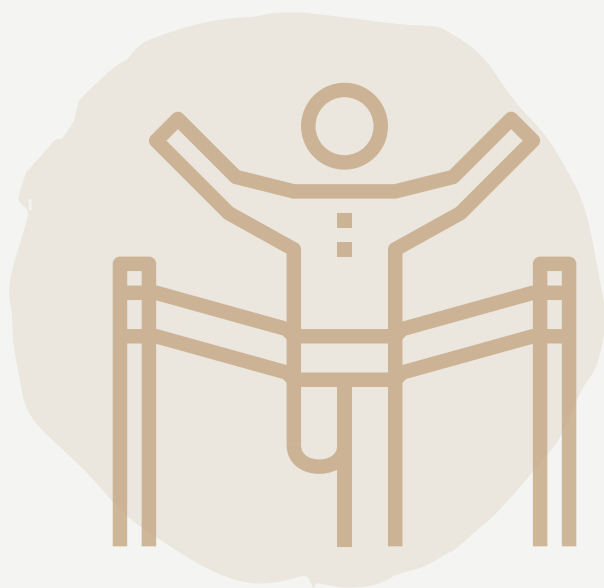
- Look to the outside first
- High energy, likes to be around people
- Initiating, expressive, gregarious, active, enthusiastic



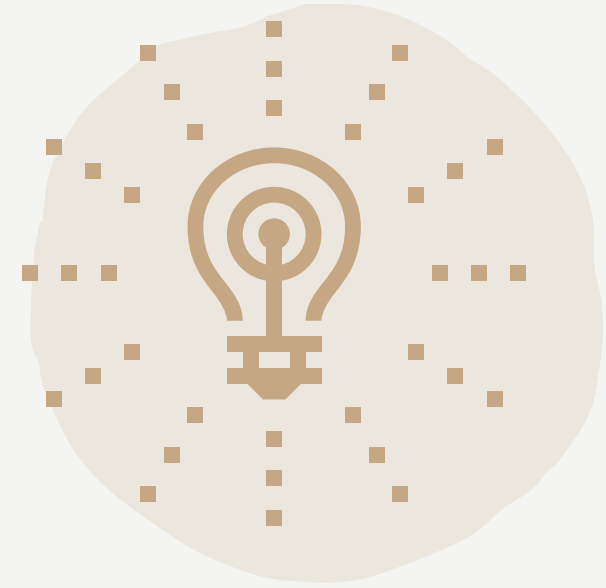
- Look to the inside first
- Quiet energy, comfortable being alone
- Receiving, contained, intimate, reflective, quiet

Sensing(S) or Intuitive(N)

How do you see the world and process information?



- Focus on experiences
- Practical solutions, trusts experience
- Concrete, realistic, practical, experiential, traditional



- Focus on concepts
- Creative ideas, trust gut instincts
- Abstract, imaginative, conceptual, theoretical, original

Thinking(T) or Feeling(F)

How do you make decisions and cope with emotions?



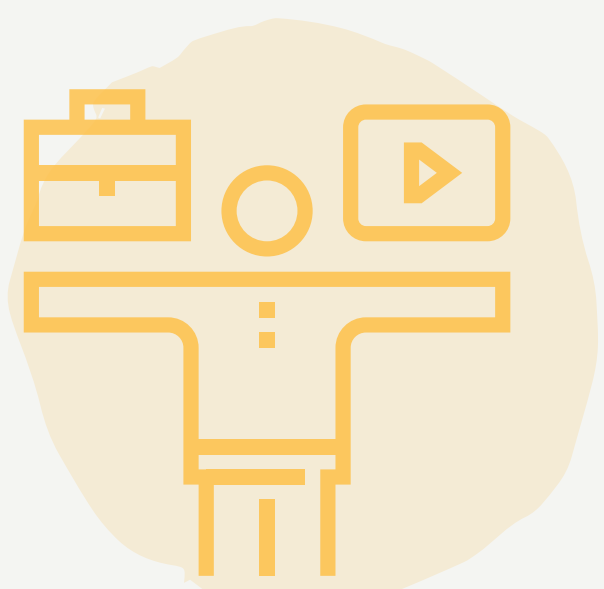
- Focuses first on use of things
- Makes decisions objectively, values honesty and fairness
- Logical, reasonable, questioning, critical, tough



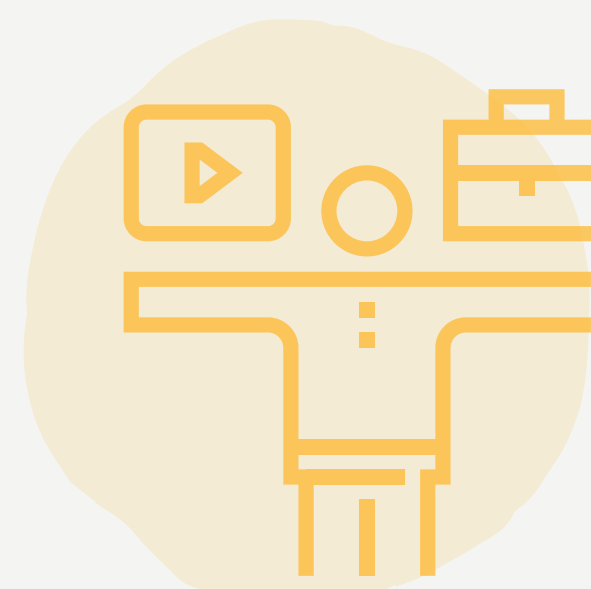
- Focuses first on meaning of things
- Makes decisions based on feelings, values harmony and compassion
- Empathetic, compassionate, accommodating, accepting, tender

Judging(J) or Perceiving(P)

How do you approach work, planning and decision-making?



- Like to plan then act
- Work then play, sees need for rules
- Systematic, planful, methodical, early starting, scheduled



- Like to explore then respond
- Play then work, can question rules
- Casual, open-ended, emergent, pressure-prompted, spontaneous